



# Fort Sam Houston News Leader



Vol. 39, No. 2

Fort Sam Houston – Home of Army Medicine

Jan. 19, 2007

## Briefs . . .

### ***Military Open House***

Army Community Service and the Great Northwest Library have partnered to sponsor a Military Open House Saturday from 1 to 4 p.m. at the Great Northwest Library, 9050 Wellwood St. The Open House is to inform military families, to include active duty, Reserve, National Guard, retirees, veterans and civilian employees, about ACS programs. For more information, call Chris Neubeck at 221-0275.

### ***Consolidated retirement ceremony***

Fort Sam Houston will host the end of month consolidated retirement ceremony Jan. 25 at 7:45 a.m. at MacArthur Parade Field.

### ***Technology Exposition 2007***

The Information Technology Business Center will sponsor the 2007 Fort Sam Houston Technology Exposition Jan. 25 from 10 a.m. to 2 p.m. at the Sam Houston Club. The Expo will include more than 30 exhibitors who will demonstrate the latest in communications technologies, network operation services, data warehousing, hardware and software, and much more. The event is free and open to the public. For more information, call Keren Bogaczyk at 888-603-8899, ext. 239, or e-mail bogaczyk@ncsi.com.

### ***Local hazards, traffic safety training***

Personnel newly assigned to an Army installation are required to take Local Hazards Training, and Soldiers under age 26 also must take Intermediate Traffic Safety Training upon arrival at a new duty station. Classes will be held Jan. 25 from 12:30 to 3:30 p.m.; and Jan. 26 from 8 to 11 a.m. in Building 4197, Army Contracting Classroom. For more information or to register, call Richard Edges at 221-3857 or e-mail richard.edges@samhouston.army.mil.

See BRIEFS on Page 4

### ***Tax Center reschedules grand opening***

Due to the recent weather, the Fort Sam Houston Military Tax Center grand opening has been rescheduled for Wednesday at 10:30 a.m. All are invited to attend. While the MTAC is not operational until the grand opening, the center will start scheduling appointments today. For taxpayers who only need to file a 1040EZ this year, the MTAC offers a walk-in service starting Jan. 25. Taxpayers who need to file a 1040A or 1040 to complete their tax return will need to make an appointment to have their tax return prepared. To use the MTAC, the taxpayer must have a valid military ID card and be active duty, retired, a reservist or Guardsman who recently came off active duty, or a dependent of an eligible military member. Callers will be given instructions on what documentation to bring to their appointment. People who do not bring the necessary documentation to their appointment will be rescheduled for a later date. For more information or to make an appointment, call 295-1040 or 295-0061.



Photo by Art Sanchez

## Post survives big freeze

Three-year-old Jacob Aviles pulls icicles off of a truck, a rare activity for San Antonio children. The post returned to normal operations Thursday after a big chill that plunged temperatures into the 30s and shut down power in homes and city operations throughout Texas. Post employees were encouraged to stay home Tuesday and Wednesday to avoid the icy, accident-ridden highways.



Photo by Elaine Wilson

The majority of the post was frozen under a layer of ice Tuesday and Wednesday. Most people stocked up on supplies and remained safe at home until the thaw Wednesday afternoon.



Photo by Cheryl Harrison

Plants also fell victim to the big freeze. Many San Antonio residents used sheets and blankets to protect their bushes and plants from the freezing temperatures. Most of the coverings were frozen solid by Tuesday morning.

## Exercise tests U.S. Army North's response to homeland attack

By Sgt. 1st Class Alan Rimar  
U.S. Army North Public Affairs

U.S. Army North recently participated in Vigilant Shield '07, an exercise designed to test the Department of Defense's ability to respond to an attack on the homeland.

The exercise emphasized the synchronized response of various DoD agencies to a variety of homeland defense scenarios, including cyber attacks, border security breaches, missile defense operations and a nuclear accident.

"This was the first true exercise where we could test the integration between U.S. Northern Command, Joint Forces Command, Headquarters- (National Capital Region) and USARNORTH in response to an attack on our homeland," said Lt. Col. Andrew Lucke, chief, homeland defense and special plans for USARNORTH.

Troops from the Army, Navy, Air Force, Marines and Coast Guard, along with Canadian Forces in the United States and at the three North American Air Defense regions took part in the exercise.

Interagency participants included the Department of Homeland Security, the Federal Bureau of Investigation, Department of Energy, state of Arizona, and the city of Tucson, Ariz.

The various types of real-world scenarios developed for the exercise provided a realistic training opportunity for members of the command.

"The scenarios used during this exercise highlighted the importance of interagency coordination and cooperation needed in the initial response phase of a

See EXERCISE on Page 4



# Mandatory ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training taught by an ethic attorney in 2007, as directed by the Secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:

- March 20 from 9 to 10 a.m.
- April 25 from 1 to 2 p.m.
- May 23 from 9 to 10 a.m.
- June 14 from 1 to 2 p.m.
- July 12 from 9 to 10 a.m.
- Aug. 13 from 1 to 2 p.m.
- Sept. 10 from 9 to 10 a.m.
- Oct. 17 from 1 to 2 p.m.
- Nov. 15 from 9 to 10 a.m.
- Dec. 3 from 9 to 10 a.m.
- Dec. 14 from 1 to 2 p.m.

Soldiers and civilian employees whose official duties include a procurement function (this includes Government Purchase Card holders and approving officials) must also attend a second hour of acquisition ethics training. This second hour will be taught immediately following the first hour of ethics training in Blesse Auditorium on the following days:

- March 20 from 10 to 11 a.m.
  - April 25 from 2 to 3 p.m.
  - May 23 from 10 to 11 a.m.
  - June 14 from 2 to 3 p.m.
  - July 12 from 10 to 11 a.m.
  - Dec. 14 from 2 to 3 p.m.
- For more information, call Gerald R. Krimbill, Shelby Tanner or Capt. White at 221-2373 or 221-0485.

## Casualty, Mortuary Affairs training

The Department of Army Casualty and Mortuary Affairs Operation Center will deploy a mobile training team to Fort Sam Houston from Jan. 29 to Feb. 2. The purpose of the visit will be to train designated representatives from Fort Sam Houston and various tenant organizations on their roles and responsibilities as casualty notification and casualty assistance officers. The training team will also address changes to Army Regulation 600-8-1, the Casualty Management Regulation, to include the notification and follow-up process, investigations, and command involvement in the submission of casualty reports. For more information or to sign up for training, call Vanita Bogan, from the Fort Sam Houston Casualty and Mortuary Affairs office, at 221-0051, 221-1780 or 221-1752.

## Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



## WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

### IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



## Fort Sam Houston News Leader

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# Army increases presence in Iraq

## Units face extended tours, earlier deployments

As a result of the President Bush’s Iraq strategy review, Defense Secretary Robert Gates directed Jan. 11 an increase in forces for Operation Iraqi Freedom. The announcement will result in a potential increase in Army troop presence in Iraq of more than 20,000 personnel by May. This plus-up will give commanders in Iraq the capability to employ up to 20 brigades to assist in achieving stability and security.

The Army has an enduring commitment to serving the nation and is committed to providing combatant commanders and civil authorities the capabilities and forces they require to accomplish their missions. As part of the new strategy, some Army units will be extended and some units scheduled to deploy will deploy earlier than planned.

Specific requests for forces for this increase include:

- The 2nd Brigade, 82nd Airborne Division, based in Fort Bragg, N.C., and currently assigned as the call-forward force in Kuwait, will move into Iraq and assume a security mission there this month.
  - The 1st Brigade, 34th Infantry Division of the Minnesota Army National Guard, composed of Army National Guard Soldiers from several states and currently stationed in Iraq, will have its tour there extended until August.
  - The 4th Brigade, 1st Infantry Division, based in Fort Riley, Kan., will deploy as scheduled in early February, but about three days earlier than previously planned.
  - The 3rd Battalion, 43rd Air Defense Artillery Regiment, a Patriot Missile battalion, will return to the Persian Gulf region in February.
- Additionally, the following units have been placed on deployment orders and the Army will continue to focus manning, training and equipping these units for full spectrum operations in Iraq:
- The 3rd Brigade, 3rd Infantry Division, based at Fort Benning, Ga., will deploy in March.

- The 4th Stryker Brigade, 2nd Infantry Division, based at Fort Lewis, Wash., will deploy in April.
  - The 2nd Brigade, 3rd Infantry Division, based at Fort Stewart, Ga., will deploy in May.
- Other Army combat-support and combat-service-support units will be deployed or extended in Iraq, as necessary, to support this increase. Those units will be identified at a later date following further mission analysis.
- The Army leadership recognizes the hardships and personal sacrifices of Soldiers in the all-volunteer Army as well as by their families, particularly those who have been extended past planned redeployment dates. Every effort will be made by Army leaders at all levels to support the needs of Soldiers and family members that may arise in the face of war’s changing requirements. Even with these directed force adjustments, the Army will continue aggressive efforts to lessen the strain on forces.
- For more information on units involved in this rotation, call Army Public Affairs at 703-692-2000. (Source: Army News Service)

# Safety officer’s invention saves Humvee-trapped Soldiers

Story and photo by Spc. Chris McCann  
2nd Brigade Combat Team, 10th Mountain Division

**CAMP STRIKER, Iraq** — One of the top killers of Soldiers in Iraq isn’t necessarily combat related. Since operations began there in 2003, many Soldiers have died trying to escape Humvees that have rolled into Iraq’s numerous irrigation canals.

When an armored truck is upside down or on its side, it can take three Soldiers to push a door open wide enough for passengers to escape. Doors sunken into mud are nearly impossible to open.

“If you go into a canal, there’s a really good chance you won’t come out alive,” said Bill Del Solar, safety officer for the 2nd Brigade Combat Team, 10th Mountain Division.

After some experimentation, he developed the Rat Claw, a flat, steel hook that attaches to almost anything — the Humvee’s built-in winch or towing hook, a chain set or aircraft cable. One tug with another vehicle can open the door, or if necessary pull it completely off.

“If you get a little momentum, you can pull anything off,” Del Solar said.

The operation typically takes less than a minute. In the worst cases, it can take three minutes from the time the vehicle

goes into the water.

The human brain can go three to four minutes without oxygen before suffering damage, Del Solar pointed out.

“It’s a reasonable amount of time for a rescue,” he said.

The 4th Battalion, 31st Infantry Regiment, 2nd BCT, 10th Mountain Division, recently used the Rat Claw when a Humvee flipped over in an improvised explosive device explosion. The doors were damaged by the force of the blast, but Soldiers were able to open the vehicle and extract their wounded comrades, including Lt. Col. Michael Infanti, their battalion commander.

“I remember I was pinned inside the truck,” said Infanti. “Fuel was dripping on me. I was in pain, but the Soldiers did extremely well and the Rat Claw worked. It took one try and I was out of the vehicle.

“Honestly, I don’t know how they would’ve gotten me out with the equipment we had on hand, if we didn’t have the Rat Claw,” he said.

The Rat Claw can be used to turn a vehicle over or even pull it completely out of a canal.

“We hope it will save lives by making it easier for fellow Soldiers to rescue each other,” said Del Solar.



A Humvee door is pulled off during a demonstration of the Rat Claw, a flat, steel hook developed by Bill Del Solar, safety officer for the 2nd Brigade Combat Team, 10th Mountain Division. Del Solar developed the Rat Claw to aid in extraction of Soldiers from Humvees when the doors are damaged or wedged shut.

## Gone to the dogs

Staff Sgt. Corby Czajka, 12th Security Forces Military Working Dogs unit, and military working dog, Bosco E225, gain control of a suspect during a high risk felony traffic stop scenario. Soldiers from the Fort Sam Houston Veterinarian Technician’s Animal Care Specialist Course watched a military working dog demonstration recently. The overall health of a military working dog is the responsibility of the Army’s animal care specialist, resulting in the Air Force military working dog mission for fighting terrorism.



Military Working Dog Bak H204 bites fleeing suspect, Staff Sgt. Christopher Rose, instructor for the Animal Care Specialist Course, during an apprehension training scenario at Fort Sam Houston. Handler Air Force Staff Sgt. Nathan Combs, from the 12th Security Forces Military Working Dogs unit, runs to take control of the situation. Airmen from the 12th Security Forces Military Working Dog unit from Randolph Air Force Base, Texas, brought several breeds of dogs to Fort Sam Houston in a coordinated effort to demonstrate the importance of the animal care specialist, not only to the Army, but the military as a whole.



# ESGR seeks employers for recognition

By Samantha L. Quigley  
American Forces Press Service

WASHINGTON — The National Committee for Employer Support of the Guard and Reserve is looking for a few good employers to recognize this year.

The committee, in conjunction with the Office of the Secretary of Defense, has begun accepting nominations for the 2007 Secretary of Defense Employer Support Freedom Awards. The nomination process will conclude Feb. 28.

Founded in 1972, ESGR’s mission is to gain and maintain active support from public and private employers for the men and women of the National Guard and Reserves. It also is a member of America Supports You, a Defense Department program showcasing ways Americans are supporting the nation’s servicemembers.

“I am encouraging all National Guardsmen and reservists worldwide and their family members to visit the ESGR Web site ... to nominate their employers for the 2007 Secretary of Defense Employer Support Freedom Award,” said Bob Hollingsworth, ESGR executive director. “This prestigious national award recognizes supportive employers who provide exemplary support above the (federal law) requirements for their employees who serve in the National Guard and reserve.”

More than 1,000 nominations were received for the 2006 awards, said Air Force Reserve Maj. Robert Palmer, the national committee’s chief of strategic communications. Officials hope to receive 5,000 nominations this

“By nominating their employers for Patriot Awards, Above and Beyond Awards, and the Freedom Award, employees are sending their employer a strong message of appreciation.”

Bob Hollingsworth  
ESGR executive director

year, which is still a relatively small number, considering estimates that more than 200,000 American employers employ National Guardsmen and reservists.

The 2007 recipients will be honored in Washington, D.C., at the 12th annual Secretary of Defense Employer Support Freedom Award ceremony Sept. 12.

Defense Secretary William Perry instituted the Secretary of Defense Employer Support Freedom Award in 1996 under the auspices of the National Committee for Employer Support of the Guard and Reserve. The award, the highest in a series of Defense Department employer awards, publicly recognizes employers for exceptional support of their reserve-component employees above the federal requirements.

National Guardsmen, reservists or their family members can nominate an employer by completing the 2007 Freedom Award nomination form on the ESGR Web site. ESGR field committees will review the nomina-

tions and have the option to present three nominations per committee for review by the National Selection Board, which will select up to 15 recipients.

The nominees forwarded by the 56 field committees to the National Committee will fall into one of three categories: large employer, small employer and public sector — or government — employers, Palmer said. “We try to have a balanced representation (among those categories),” he added.

Previous recipients have included Starbucks, Home Depot, Wal-Mart, Sears, General Electric, DuPont, Verizon and United Parcel Service. State and local governments and a number of America’s small businesses, who are the majority of National Guard and Reserve employers, have also been recipients.

“The whole concept is that (the Freedom Award) rewards employers who go above and beyond, so it’s not just complying with the law but the steps (employers) go beyond to really show Guardsmen and reservists that they are behind their service 100 percent,” Palmer said.

“We’ve seen examples of sending care packages, maintaining contact with the deployed member’s families, maintaining contact with the deployed member, any type of activity that would indicate that that employee is still in the hearts and minds of the employer.

“By nominating their employers for Patriot Awards, Above and Beyond Awards and the Freedom Award, employees are sending their employer a strong message of appreciation,” he said.

For more information, visit <http://www.esgr.org>.

## Exercise

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catastrophic event,” said Lt. Col. John Baniwicz, U.S. Army Corps of Engineers liaison to USARNORTH.

“The goals of this exercise were to improve the DoD’s capacity to manage a series of extreme events; improve seamless interaction of DoD with interagency response; and validate authorities, strategies, plans, policies, procedures and protocols,” said Master Sgt. David Morrison, senior plans NCO. “It emphasized a sustainable, systematic, integrated DoD exercise program to support the national strategy for homeland defense.”

Staff Sgt. Marcus Johnson, an intelli-

gence analyst at USARNORTH, said he understands the importance of exercises like Vigilant Shield.

“It helped us identify our strengths and weaknesses and focus our efforts on what we need to work on,” he said.

The command’s participation in Vigilant Shield ’07 allowed it to improve its proficiency and prepare its main command post for supporting potential homeland defense and defense support of civil authorities operations.

“It gave us the opportunity to look specifically at the homeland defense mission and those types of catastrophic events which could impact our nation,” Lucke said.



Photo by Sgt. 1st Class Alan Rimar

Col. Jeffrey S. Buchanan answers questions from local news media during exercise Vigilant Shield ’07.

## Briefs

Continued from Page 1

### BOSS Super Bowl party

The Fort Sam Houston Better Opportunities for Single Soldiers organization will host a Super Bowl party Feb. 4 from 5 to 8:30 p.m. at the Hacienda Recreation Center. The game will be broadcast on a theater-size screen. The event is open to advanced individual training and initial entry training Soldiers authorized to use the Hacienda. The event will include halftime games, food and beverage, and door prizes.

### Black History Month luncheon

Fort Sam Houston will commemorate Black History Month with a luncheon Feb. 8 from 11:30 a.m. to 1 p.m. at the Sam Houston Club. The guest speaker will be Master Sgt. Lee Coffee. Tickets are \$10. For tickets or more information, call Gayle Ellis at 221-7709, Jonnell Player at 221-1582, Rosemary Galvan at 221-0218, Master Sgt. Ricky Evans at 295-0561 or contact a unit equal opportunity adviser prior to Feb. 2.

### AKO training

Training is available for Army Knowledge Online and Army E-Learning. To set up a briefing or hands-on training for an individual or organization, call Julie Gueller at 221-2010. Training is also available for the AKO administrator level.



## Cell phone policy

### Drivers must use hands-free devices or park

As stated in Army Regulation 190-5, vehicle operators on a Department of Defense installation and operators of government-owned vehicles will not use cell phones unless the vehicle is safely parked or drivers are using a hands-free device. Other hands-free devices, such as portable headphones, earphones or any other listening device (except for hands-free cellular phones) while operating a motor vehicle are prohibited.

Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles and human speech.

Any activity a driver engages in, besides the task of driving, has the potential to distract. We must remind our drivers that their primary responsibility is to drive safely.

Russell J. Czerw  
Major General, DC  
Commanding

# Seasonal flu: use mom’s remedies first

By Jon Connor  
Carl R. Darnall Army Medical Center Public Affairs Office

**FORT HOOD, Texas** – Most people remember a time or two from childhood when their mother doctored them back to good health.

Part of her remedies probably included some chicken soup. Other treatments varied depending on the ailment.

While Mom wasn’t a doctor, she often knew what a doctor would do, based on tradition. And in doing so, she provided the real first-line of medical treatment, and sometimes the only one, to get her child back on his feet.

With the influenza season upon us, moms are most likely back in the doctoring business today, helping youngsters and husbands before a visit to a health-care facility may be warranted.

The chief of preventive medicine at Carl R. Darnall Army Medical Center said those Dr. Moms are on the right track — chicken soup is good way of treating someone with seasonal flu.

“It’s a good mix of all the nutrition that you need – carrots, celery, onions, potatoes — ... and carbohydrates – the fiber, the protein, the liquids – so chicken soup is a good all-around mix of what you should be eating,” said Maj. Troy Ross.

What’s good about soup in general, Ross said, is that it’s better than soda, which has no nutrition. Sick people, especially kids, don’t have an appetite for normal meals

Bottom line ... home care involves making the sick person more comfortable, he said.

“Treat the symptoms. You can’t change the course of the illness,” he said. “It’s going to run its course. We just really don’t have cures for viral illnesses (like influenza).”

Getting plenty of rest by not going to school or work and drinking plenty of fluids are also important home remedies, Ross said. Rest is important because the body needs its strength to fight the virus.

“Proper rest helps your immune system stay strong and fight the illness off,” he said.

While some moderate exercise is fine, Soldiers really shouldn’t conduct physical training when they’re sick with flu, Ross said

“We’re not doing anybody any favors with that,” he said, referring to a five-mile run. And, since the person is contagious, the virus could spread to others in the unit.

Getting outside for fresh air and allowing for a different mental outlook also is recommended.

Contrary to some beliefs, people can’t sweat out a virus or drink enough liquids to flush out the virus, Ross said, adding that drinking liquids is important, though.

“By staying hydrated – having enough liquid – you’re allowing your body to function properly,” he said. This allows the body to maintain good blood flow, keep the kidneys working well, and help clear the secretions out of lungs.

Conversely, if a person sick with the flu and dehydrated, the phlegm is thicker and not as able to get out of the respiratory system airways, Ross explained.

Over-the-counter medicine is recommended to lessen the symptoms allowing the sick person to feel more comfortable. OTC should only be taken for the particular ailments, medical professionals stress, to avoid being over-medicated. Another concern with OTC, Ross said, is making sure that children aren’t given any aspirin.

“Aspirin is very important to avoid in children up to adolescent age,” he said. The reason is because in some rare cases children develop Reyes Syndrome, a neurological disorder that can be life-threatening.

Parents should check all OTCs before giving to a child to make sure that salicylate, a white crystalline acid used in making aspirin products, isn’t listed as an ingredient, Ross said.

So, when should someone see a doctor?

There are “different rules for different people,” Ross explained. “Young and (normally) healthy people really don’t need to see a health-care provider unless they need to stay out of school or work.”

On the other hand, young children with flu-like symptoms, or people with chronic medical conditions (dia-

“Proper rest helps your immune system stay strong and fight the illness off.”

betes, heart disease, etc.) that might become worse from having the flu, should see their health-care providers relatively soon, Ross said.

That’s because these types of people may experience “worse symptoms of the flu because their immune systems aren’t as able to fight it off.”

Initially, people aren’t going to know if they are getting a cold or the flu, he said.

But if symptoms like a running nose, sneezing, coughing, headache, fever and sore muscles persist longer than a week, it’s time to seek professional medical help, Ross said, as a person may have developed pneumonia – an acute or chronic disease marked by inflammation in the lungs.

Laboratory tests can determine if the pneumonia was caused by a bacterial or viral infection. If bacterial, there are antibiotics available to kill it, he said.

“We can do things to help that person recover from the symptoms” even if it’s viral, Ross said, “to help clear out the secretions and handle fluids better.”

While there are some prescription medicines – Relenza and Tamiflu – that can be taken to help lessen complications, they have limited capabilities, Ross said.

For example, they must be taken within the first two days when a person is feeling ill. And while they can reduce the incidence of developing pneumonia, they usually shorten the flu’s time by only one day, Ross said.

These medicines are “not a primary tool to control flu and do nothing to stop transmission,” he added.

And, according to health officials, Relenza shouldn’t be prescribed to those with chronic respiratory disease, like asthma, or those suffering from chronic obstructive pulmonary disease.

(Source: Army Medicine News Service, December 2006)



# Pumping iron

## Resistance training vital part of fitness program

By **Lisa J. Young**  
U.S. Army Center for Health Promotion and Preventive Medicine

The activities we do every day, such as carrying groceries or picking up a child, require muscle strength and endurance. Although aerobic activities are effective for developing cardiorespiratory fitness, most aerobic activities have little influence on muscular strength. The American College of Sports Medicine recommends that adult fitness programs include moderate to high-intensity resistance training.

In addition to developing muscular strength, resistance training increases lean muscle mass, improves the strength of connective tissue and increases bone mass. Other health benefits include reductions in body fat, modest reductions in blood pressure, improved lipid profiles and possible injury prevention.

The key to successful resistance training at any level of fitness or age is appropriate program design. Supervision by a qualified professional is essential to prevent injury and to maximize health and performance benefits. Exercise instruction should include proper tech-

nique, breathing and use of equipment, along with goal-setting and progress-evaluation.

The primary goal of the program should be to develop total body strength, endurance and mobility in a relatively time-efficient manner. Strength can be maintained in only one session per week and gains can be made with as little as two sessions per week. Each session need not be long. In fact, programs lasting longer than one hour per session are associated with increased injury.

The ACSM recommends that resistance training be done two to three days per week. The program should include one to three sets of eight to 12 repetitions. Exercises should focus on the major muscle groups of the upper and lower body, including:

- The trunk, or core, for stabilization and maintaining good posture.
- Hips and legs for lifting and climbing.
- Shoulders for overhead pressing movements.
- Chest for pushing activities.
- Arms for lifting and carrying.

The main types of resistance training are free weights and machines. Both types have advantages that should be

considered in determining the resistance-training program.

Free-weight exercises are often performed in the standing position with the weight supported by the entire body. This helps promote bone mineralization. Moreover, the movement of a free weight requires muscles to work in stabilization as well as support.

Machines can be designed to provide resistance to body movements that are difficult to resist with free weights, such as hip adduction and abduction and hip flexion. People who fear they lack the coordination to lift free weights safely feel confident when using machines. It is quicker and easier to select a weight by inserting a pin in a stack than by mounting plates on a bar.

Whether training using free weights or machines, resistance training should be included as a very important part of any exercise program. Adding weights to a workout helps improve strength, endurance and overall health, and provides variety to any training program.

For more information on starting a resistance training program, call the Jimmy Brought Fitness Center at 221-2020.

(Source: Army Medicine News Service)

### Sports Briefs . . .

#### *Basketball invitational*

The Fort Sam Houston Ranger Jam IX will be held Jan. 27 and 28 at the Jimmy Brought Fitness Center. Sign-up by Monday to participate. This double elimination tournament will follow National Collegiate Athletic Association rules. There is a 12-player limit, and participation is restricted to eight men's and six women's teams. Awards will be given to the top two individual and team winners. The entry fee is \$225 per team. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

#### *Intramural volleyball*

Letters of intent for intramural men's, women's and coed volleyball are due Feb. 1. Send letters to Earl Young, 1212 Stanley Road, Suite 20, Fort Sam Houston, TX 78234-5020, or e-mail earl.young@samhouston.army.mil. A coaches and rules meeting will be held Feb. 5 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins Feb. 12. For more information, call 221-1180 or 221-1234.

#### *Intramural racquetball*

Letters of intent for intramural racquetball are due Feb. 5. Send letters to Earl Young at 1212 Stanley Road, Suite 20, Fort Sam Houston, TX 78234-5020 or e-mail

earl.young@samhouston.army.mil. A coaches and rules meeting will be held Feb. 9 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins Feb. 13. For more information, call 221-1180 or 221-1234.

#### *Ice hockey players needed*

Ice hockey players of all skill levels are invited to play. For more information, call Jason Hess at 977-3210.

#### *Cardio-kickboxing*

Cardio-kickboxing classes are now offered Tuesdays and Thursdays from 6 to 7 p.m. at the 32nd Medical Brigade Gym. The classes are free. For more information, call

Sgt. 1st Class Sonja Sharp at 221-3744 or e-mail sonja.m.sharp@amedd.army.mil.

#### *Women's basketball players needed*

The Fort Sam Houston women's basketball team needs players. For more information, call Earl Young at 221-1180.

#### *Intramural golf*

A coaches meeting will be held Feb. 19 at 12 p.m. for interested participants in an intramural golf league at the Fort Sam Houston Golf Course. League play starts April 2. If interested or for more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Fort Sam Houston  
Independent School District  
Weekly Calendar – Monday to Jan. 27

Fort Sam Houston Elementary School

G.A.T.E. testing  
**Wednesday**  
Early dismissal – kindergarten through fourth grade, 2 p.m.  
Early dismissal – fifth and sixth grade, 2:45 p.m.  
**Jan. 25**  
Fort Sam Houston Independent School District School Board meeting and Annual Performance Report public hearing in Professional Development Center, 11 a.m.  
**Jan. 26**  
Parent Teacher Organization board meeting, 8:30 a.m.  
Spirit Day

Robert G. Cole Jr./Sr. High School

**Tuesday**  
Girls basketball vs. Jourdanton in Moseley Gym, 5 and 6:30 p.m.  
Boys basketball vs. Jourdanton at Central Post Gymnasium, Building 961, 5 and 8 p.m.  
**Jan. 25**  
FSHISD School Board meeting and Annual Performance Report public hearing in Professional Development Center, 11 a.m.  
Boys soccer vs. TMI at Cole, 5:30 p.m.  
**Jan. 26**  
UIL District swim meet at Palo Alto, TBA  
**Jan. 27**  
SAT test date  
UIL District swim meet at Palo Alto, TBA  
DECA District 2 – CDC at Regan High School

Cole Jr./Sr. High School library receives grant

By Dr. Gloria Davila  
Fort Sam Houston Independent School District

The George W. Brackenridge Foundation awarded a \$10,000 grant to Robert G. Cole Jr./Sr. High School to be used for the campus library. The funds are to be used for library resources, such as books, video learning tools, audiotapes and periodicals.

In the award notification letter, Foundation Trustee Emily D. Thuss stated, “The Foundation has heard of the good

educational program at Robert G. Cole Jr./Sr. High School and wishes to support library resources for the students.”

“It is wonderful to see that there is support for our students from every part of our community,” said Principal Dr. Roland Rios. “The grant given to us from the Brackenridge Foundation will allow our library to provide more services to our students. We are very grateful for the award.”

Col. George W. Brackenridge established his foundation to benefit San

Antonio students of minority background who might not otherwise have access to good educational opportunities. Brackendridge came to Texas in 1853 and organized the San Antonio National Bank in 1866. From 1883 to 1906, he was president of the San Antonio Water Works Company. He was president of a trust company, director of the Express Publishing Company and president of the San Antonio school board. He was involved with the University of Texas until he died in 1920.

Public Hearing

The Fort Sam Houston Independent School District will host a public hearing for parents and community members Jan. 25 at 11 a.m. in the Professional Development Center, 1902 Winans Road, Building 1908. The public discussion will be the 2005-2006 FSHISD Annual Performance Report. The hearing will be held in conjunction with the regularly called meeting of the FSHISD Board of Trustees.

Parade tickets for sale



The Cole Cougar Pride Club is selling parade tickets for the upcoming 2007 Battle of Flowers Parade April 27 and the Fiesta Flambeau Parade April 28. The seats are located along the 100th block of East Commerce Street, adjacent to the park in front of San Fernando Cathedral. The area has easy accessibility to parking and food vendors. Tickets are \$8 and all proceeds will benefit the students of Robert G. Cole Jr./Sr. High School and Project Graduation. To purchase tickets, call Randy Teeter at 296-9071.

Religious Happenings . . .

Catholic Women of the Chapel

The Catholic Women of the Chapel meet Fridays at 9 a.m. for fellowship and enrichment studies. Childcare is provided. For more information, call Kate Schupbach at 212-7842.

Musician, choir director needed

The U.S. Army Contracting Agency, Southern Region Contracting Center–West is soliciting a musician and choir director for the 8 a.m. Catholic service at the Army Medical Department Regimental Chapel. For more information or to obtain a copy of the solicitation, call Christina Sylvester at 221-5367.



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Post Worship Schedule

Main Post Chapel, Building 2200, 221-2754

Catholic Services:  
4:45 to 5:15 p.m. - Confessions - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
Protestant Services - Sundays:  
8 a.m. - Traditional Protestant  
11 a.m. - Traditional Protestant  
Jewish Services: 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Service: 12:30 p.m. - Mass - Sundays  
Protestant Services:  
10:30 a.m. - Collective Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, child care is provided.  
Samoan Protestant Service: 8:30 a.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:  
8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays  
11 a.m. - Mass - weekdays  
Protestant Services:  
10 a.m. - Worship Service - Sundays  
12 p.m. - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-4362

Catholic Mass: 8 a.m. - Sundays  
Protestant Service: 9 a.m. - Sundays  
Christian education: 10 a.m. -Sundays  
Gospel Service: 11 a.m. - Sundays

Church of Jesus Christ of Latter Day Saints:  
9:30 a.m. - Sundays at Evans Auditorium

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children’s Religious Education - Sundays  
1:30 p.m. - Jumma - Fridays  
7:30 p.m. - Adult Religious Education - Thursdays

Installation Chaplain’s Office, Building 2530, 295-2096

Contemporary service: 11:01 a.m. - Sundays

Web site:  
www.samhouston.army.mil/chaplain



Community Recreation

3-D archery shoot

The next 3-D Archery Shoot will be held Jan. 27 and 28 with registration from 8 to 10 a.m. The competitive shoot includes 30 3-D animal targets placed at unknown distances ranging from 10 to 40 yards in a woodland setting. Awards will be given to the top three in each class. The cost is \$15 per person. Minis and cubs shoot free with a paid adult and a playground is available for younger children. For more information, call the Camp Bullis Outdoor Recreation Center at 295-7577.

Coushatta Casino Resort trip

The MWR Ticket Office and the Sam Houston Club will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus will depart from the Sam Houston Club Feb. 13 at 7 a.m. and return Feb. 14 at 10 p.m. The cost is \$49 per person and includes roundtrip motor coach transportation, overnight hotel accommodations, continental breakfast at hotel and one \$23 coupon from the casino. Participants must be at least 21 years old and possess a valid photo ID at all times. Make reservations at the ticket office by Feb. 7. For more information, call 226-1663 or 224-2721.

5K run/walk

In observance of Healthy Weight Week, a 5K Fun Run/Walk will be held Jan. 27 at 9 a.m. at the Jimmy Brought Fitness Center. The registration fee is \$10 per person. To register or for more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

Post garage sale

A post garage sale will be held Feb. 3 from 7 a.m. to 1 p.m. at the Macarthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register. A valid Department of Defense ID card is required to participate. Participants must bring their own tables to the event or may rent them from the Outdoor Equipment Center by calling 221-5225. To register or for more information, call 221-2601 or 221-2523.

Dining and Entertainment

Sam Houston Club, 224-2721

Super TGIF

The Sam Houston Club will offer a Super TGIF today at 5 p.m. in the Seguin room. Free hors d’oeuvres, popular music by Triple Nickel and drink specials will be provided. For more information, call 224-2721.

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. at the

Sam Houston Club. The next brunch will be held Sunday. Features include a kids’ meal station, a chocolate fondue station, complimentary champagne and an international food station. The cost is \$13.95 for non-members, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Valentine dinner and dance

The Sam Houston Club will host a Valentine’s Day dinner and dance Feb. 14 from 5:30 to 9:30 p.m. Enjoy romantic dining ambiance and dancing to the sounds of Triple Nickel. The cost is \$29.95 per couple. Reservations are encouraged. To make reservations or for more information, call 224-2721.

Big Bucks Bingo

Big Bucks Bingo offers a guaranteed prize money pool of \$10,300 Feb. 3 at the Sam Houston Club. The doors open at 12:30 p.m. For more information, call 224-2721.

Golf Club, 221-4388

Warriors Scramble golf tournament

Register up to four players for the Warriors Monthly Scramble held the first Wednesday of each month at the Fort Sam Houston Golf Club. The next tournament will be held Feb. 7 with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and a social following the scramble. Participants must be in an authorized pass or leave status. To register or for more information, call 222-9386.

Black History Month stage play

Antonio “Huggie Bear” Fargas will star in the stage production of “Just Another Lie!” Feb. 7 and 8 from 7 to 9 p.m. at the Sam Houston Club. Advance tickets are \$12 and \$15 at the door. For more information, call 226-1663 or 224-2721.

Harlequin Dinner Theatre, 222-9694

The Agatha Christie mystery, “The Mousetrap,” will be performed at the Harlequin Dinner Theatre through Feb. 17. Performance tickets are \$24.95 Wednesdays and Thursdays and \$27.95 Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m. with a buffet from 6:30 to 7:30 p.m. The play begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office, 221-1663

Tickets for the 2007 San Antonio Stock Show and Rodeo are on sale at the MWR Ticket Office located inside the Sam Houston Club. The Rodeo will be held Feb. 1 through 18. The ticket office is open Tuesday through Friday from 10 a.m. to 5 p.m. For more information, call 226-1663 or 224-2721.



## Child and Youth Services

### *CYS talent show*

The second annual Child and Youth Services Talent Show will be held Feb. 17 from 7 to 9 p.m. at the Roadrunner Community Center, Building 2797. Talent categories include dance, vocals, step, comedy and more. The public is invited to watch Fort Sam Houston’s youth ages 3 to 18 years display their talents. For more information, call Central Registration at 221-4871 or 221-1723.

### *Instructors needed for SKIES*

The Schools of Knowledge, Inspiration, Exploration and Skills seeks in beginning, intermediate and advanced instructors in the following areas:

- Dance - ballet, jazz, lyrical, tap and hip-hop
- Swimming
- Cooking
- Self defense - Judo, Karate and Tae-Kwon Do
- Art - drawing
- Voice
- Gymnastics
- Ceramics - clay
- Stained glass
- Basic automobile - parent and youth maintenance
- Rollerskating - rollerblading
- SAT/ACT preparation
- Astronomy
- Basic budgeting
- Science exploration
- Languages - Spanish, Arabic, Japanese,

Chinese and German

- Sewing - crochet, knitting and quilting

SKIES instructors must successfully pass background clearances, be current in infant, child and adult cardio pulmonary resuscitation and first aid. Classes will be taught at Fort Sam Houston for ages 3 to 4 through 18, when age appropriate. For more information, call 221-0497.

### *‘Start Smart’*

Parents with children enrolled in the Fort Sam Houston Child Development Center have an opportunity to help their children develop sports skills through a program called “Start Smart.” Parents learn how to properly teach their children basic motor skills, such as throwing, catching, kicking and batting; skills needed to

participate in sports. Sessions are six weeks long and are held Mondays through Fridays from 8:30 to 11:30 a.m. year round. For more information or class dates, call Jill Marcott, Lisa Schott or Yolanda Crowley at 221-5013 or 221-5002.

### *FCC providers*

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.



The nation celebrated the life and accomplishments of Dr. Martin Luther King Jr. Jan. 15. Staff Sgt. Sharon Jones, a drill sergeant from B Company, 232nd Medical

Battalion, asked four Soldiers of different ethnicity to share their thoughts on Dr. King, and why the nation should continue to celebrate his life and dream.

*“Martin Luther King contributed to the White American cultures by helping our culture realize that every American should be equal, that every race, color and religion is of importance to America. That anyone — White, Black, Hispanic, Asian and Native American — can contribute to this great country. He showed us that anyone can be a great leader. He showed us the importance of looking at a person’s character to determine who they are and not their color.”*

**Pfc. Richard Choate**



*“The name Martin Luther King Jr. reminds me about his efforts of integrating African-Americans and White people; however, his ‘dream’ was not only for African-Americans but all minorities who suffered from racial discrimination. Therefore, we should continue celebrating Martin Luther King Jr.’s birthday to remember his revolutionary work, which changed many views from ignorance to tolerance.”*

**Pvt. Soo Hyun Bang**



## “I have a dream

that one day this nation will rise up and live out the true meaning of its creed: “We hold these truths to be self-evident: that all men are created equal.”

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

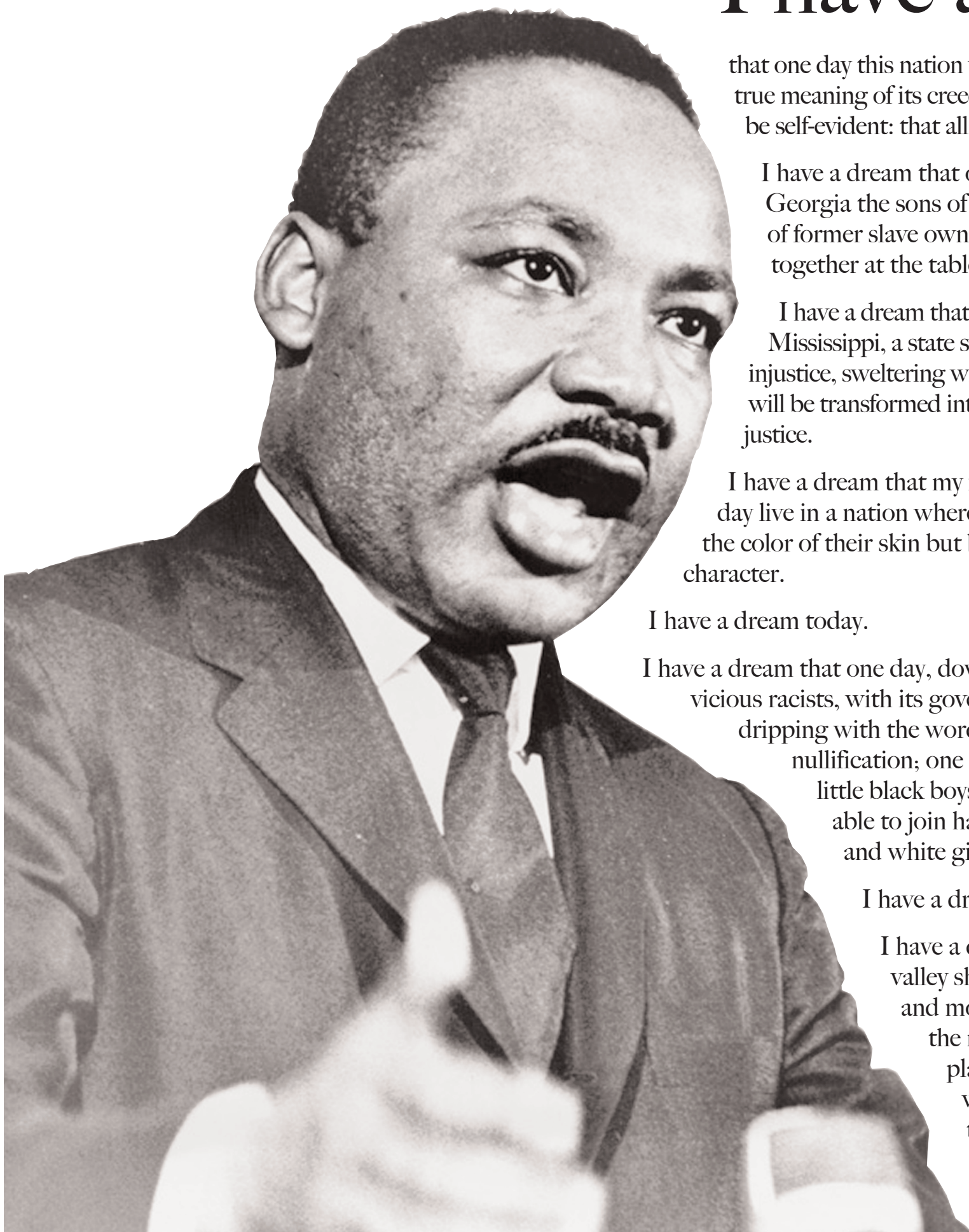
I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today.

I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification; one day right there in Alabama, little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.”





*"Dr King's quest to have equal rights among people has helped my tribe in more than one way. His work opened doors for opportunities in the work-force and education for my tribe. I believe we should celebrate his birth and memorials of him, as a humanitarian. He brought forth the strength to break through racial segregation that was much needed."*

**Pfc. LeCynthia Begay**



*"Martin Luther King has contributed to my culture by helping break down pre-existing racial barriers and paved the way for racial equality for all Americans. Thanks to Martin Luther King Jr., we live in a society where 'politically' everyone is equal; however, his work is not yet done. It is up to every American to continue his goal for equality and keep his 'dream' alive. As I remember Dr. King, I remember the work he did for me and the work we must do for him,"*

**Spc. Christopher Castano**



# Fort Sam honors Dr. King's legacy

## Americans reminded to continue progress toward equality

Story and photos by Elaine Wilson  
Fort Sam Houston Public Information Office

The Fort Sam Houston community gathered at the Roadrunner Community Center Jan. 11 to honor the legacy of civil rights giant Dr. Martin Luther King Jr.

"This year we celebrate the 21st anniversary of Dr. King's birthday," said Maj. Gen. Russell Czerw, installation commander, during the commemoration. "Every year on this day we recommit ourselves to working for the dream that Dr. King gave his life for — an America where the dignity of every person is truly respected; where people are judged, not by the color of their skin, but the content of their character."

At the dawn of a new century, Czerw said Americans should be proud of the progress made and the equality reached within the nation, "but we must always recognize and remember that we still have work to do."

If King were alive today, he also would have urged today's generation to remain committed to change, said guest speaker retired Command Sgt. Maj. Joel Williams, director of the Army Medical Department Battle Simulation Center at

Fort Sam Houston.

"Had he lived, would he have shown an interest in the events that occurred after his death?" Williams asked the audience. "If he was sitting among us today, I'm sure the answer would be yes. That's what made him special; that is what made him a great man."

Born Jan. 15, 1929, in Atlanta, King grew up to become a civil rights hero, advocating nonviolence and equal treatment of people of all races. In 1964, King became the youngest recipient of the Nobel Peace Prize.

In an 11-year history, from 1957 to 1968, King traveled 6 million miles, made 2,500 speeches, wrote numerous books, and led a protest in Birmingham, Ala., that "caught the attention of the world," Williams said. He was assassinated April 4, 1968, in Memphis Tenn.

While witness to many world-altering historical events such as World War II, the Korean War and the Cold War, "King did not see our generation, he did not see the rise in democracy, the Cold War end, Capitalist greed, the glorious Information Age," Williams said. "He missed the microprocessor, Anwar Sadat, the AIDS epidemic, siege at Sarajevo, the Apple computer, 9/11, stem cell research ... Imagine if he was here today, if we could unleash his actions, words via Internet, cell phone, PCs."

King would have probably issued the same warning made by people like Bill Cosby, Williams said. Cosby has set off a

"firestorm" in recent years with criticisms of what he sees as the African-American community's acceptance of fatherless single parent households, high crime rates and high illiteracy rates.

"Look around, into the African-American community," Williams said, as he spoke directly to the men in the audience. "Our women and children are carrying a heavy load. Where are our men? Where are our men of conscience? Where is the other half of our community?"

"Men, if Dr. King was among us this morning, he'd offer this indictment to us men — our generation seems to prefer football over family, a drug deal over a job skill; our generation of men prefer attitude over aptitude. My generation learned to party before we learned to parent."

"He would indict us because women and children are carrying the load," Williams said. "If Dr. King was sitting among us, in this new century, he would say, 'Bubba, something's got to give.' If we're going to continue as a people, something must be done."

Williams said the best way to start making a difference is to "get involved with good work" by seeking out gatherings where the priorities are education, housing, health care, civic involvement and commitment to communities of color.

"Some of you may think you can't make a difference because of education, background or physical appearance, but let me remind you, Dr. King would remind you, God doesn't consult your past to determine your future."

"You can move beyond the scars of yesterday," Williams concluded. "Stop looking at where you've been and start looking at where you're going."



Retired Command Sgt. Maj. Joel Williams, director of the Army Medical Department Battle Simulation Center at Fort Sam Houston, speaks at Fort Sam Houston's commemoration of Dr. Martin Luther King Jr.



(From left) Fort Sam Houston Elementary School students Grace Wafford, Taquria Weary, Nicole Casarez and A.J. Bray read their essays about Dr. Martin Luther King Jr. Jan. 11 at the post commemoration of the civil rights giant.



Capt. Leslie Lorfils leads the audience in a rendition of the song "Lift Ev'ry Voice and Sing," which is in the Congressional Record as the official African-American National Hymn.



# AFAP 2007: People invited to submit issues, concerns

People are invited to submit issues for inclusion in the 2007 Fort Sam Houston Army Family Action Plan conference, which will be held Feb. 21 and 22.

The AFAP process lets the Army family — Soldiers, Department of Army civilians, retirees and their families — identify what is working and what is not working in their community and the Army world-wide to Army leadership. Issues can involve housing, childcare, recreational activities, post security or any other area of concern important to quality of life.

## Events

### OCSC January outing

The Officer and Civilian Spouses' Club January outing will be held today at the Artisans Alley, located at 555 W. Bitters Road. The outing will include lunch at Apple Annie's at 11:30 a.m. and a choice of shopping or attending a 90-minute pottery lesson. The cost of the pottery lesson is \$20, due the day of the class. Class size is limited. The pottery class will begin at 1 p.m. For more information or reservations, e-mail Alicia Utz at a-to-z@earthlink.net before Tuesday.

### Northwest San Antonio walk

The Randolph Roadrunners Volksmarch Club will host a "kick-off" for its 10K year road walk Saturday from 8 to 11 a.m., beginning at Broadway's Daily Bread, 5011 De Zavala Road. For more information, call Ellen Ott at 525-8574, e-mail ellenott@sbc-global.net or visit www.geocities.com/randolphroadrunners/.

### 'Military2Civilian' job fair

CivilianJobs.com will host the "Military2Civilian" job fair Jan 25 from 9 a.m. to 2 p.m. at the Sam Houston Club. Attendees should bring copies of their resume and be prepared to meet with local and national recruiters; more than 35 employers will be at this event. Dress appropriately; military uniform is acceptable. For more information or registration, call 866-801-4418 or visit www.CivilianJobs.com.

### Stars and Bars Formal Dining-In

The Lackland Air Force Base Company Grade Officers' council will host the Annual Stars and Bars Formal Dining-In Feb. 2 at 5 p.m. at the Gateway Club, Lackland Air Force Base. The guest speaker will be Maj. Gen. Craig Koziol, commander, Air Intelligence Agency. The cost is \$25 and tickets must be purchased by Jan. 26. Any officer, O-1 through O-3, serving in any branch of service is invited. The Medical Command Band will provide entertainment. For more information, call Lt. Bailey at 969-4033 or Capt. Schofield at 665-2141.

Sale

NAF 'Cash and Carry' sale

The Nonappropriated Fund, "Cash and Carry" sale, will be held Wednesday and Jan. 25 from 9 a.m. to 3 p.m. in Building 4192, Bays "A" and "D." There will not be a prior viewing of sale property. To receive a list of sale items by e-mail, e-mail Lonnie.O'haver@samhouston.army.mil. Cash and personal checks with a picture ID are acceptable. All sales are final, and items must be removed at the time of purchase. For more information or directions, call the MWR Warehouse at 221-4449 or 221-4950.

AFAP alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for keeping the local community informed on the progress of the issues submitted.

The Army is the only branch of the Department of Defense that has such a program. This process has resulted in the enhancement of local programs and quality of life, change in regulations and enactment of new legislation in support of military components.

Be a part of this important process. Submit issues to

### MOAA travel show

The Military Officers Association of America, Alamo Chapter, will host a travel show Feb. 3 at 4 and 6:30 p.m. in the Sam Houston Club, Building 1395, Chaffee Road. A free cruise give-away will be drawn at each show. For more information, call MOAA Vacations at 1-800-221-5107.

### Maverick Library book sale

The Maury Maverick Jr. Branch Library Book Sale will be held Feb. 3 from 9 a.m. to 4 p.m., 8700 Mystic Park. The Friends of the Maverick Library will sponsor the event, with proceeds going toward special projects for the Maverick Library. Gently used books can be donated to the library for the book sale. For more information, visit www.sanan-tonio/library/.gov.

### MOAA Sweetheart Dinner and Dance

The Military Officers Association of America, Alamo Chapter will host a Sweetheart Dinner and Dance Feb. 7 at the Randolph Officers Club, Randolph Air Force Base. The social hour will begin at 6 p.m. The cost for the event is \$25 per person. For more information or reservations, call 228-9955.

### Free Valentine's Day message

Stars and Stripes is offering a free Valentine's Day message posting service. Greetings will be published in the European, Pacific and Middle East editions of the Stars and Stripes and on Stripes.com Feb.14, and possibly Feb. 13. To send a free message, go to Stripes.com and click on the "Valentine's Day Message" button. Stars and Stripes will publish only messages written in English and received online by the Jan. 30 deadline.

### 'The Mousetrap' at Harlequin

The Harlequin Dinner Theatre presents "The Moustrap," a mystery by Agatha Christie, through Feb. 17 Wednesday through Saturday evenings. Prices are \$27.95 Fridays and Saturdays and \$24.95 Wednesdays and Thursdays. Military and students discounts are available. The house opens at 6:15 p.m., with shows beginning at 8 p.m. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. on Saturdays. For more information or reservations, call 222-9694.

### SA Symphony military discounts

The San Antonio Symphony 2006-2007 concert series consists of 12 classical concerts, six pops concerts and four special events. The concerts are held Fridays and Saturdays at 8 p.m. at the Majestic Theatre. Military discounts are available. For reservations, call Karen Cramer at 554-1000 or e-mail cramerk@sasymphony.org. For dates and feature artist, visit www.sasymphony.org.

## Meetings

### SAMC study group

The Sergeant Audie Murphy Club, SMA Van Autreve Chapter, conducts a study group Tuesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in Building 1350 for Soldiers preparing for competition boards. For more information, call Master Sgt. Adrienne Berkley at 295-4545 or 737-4540 or e-mail Adrienne.Berkley@us.army.mil; or call Sgt. 1st Class Tiffany Reid at 295-4442 or e-mail Tiffany.reid@amedd.army.mil.

### BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meets the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Mossaab Benhammou at 295-4014.

## Training

### GED classes

Employment Readiness offers General Equivalency Diploma classes Mondays and Wednesdays from 6 to 8 p.m. at the Roadrunner Community Center, 2010 Stanley Road, Building 2797. A certified instructor teaches the classes and most colleges and employers accept a GED certificate the same as a high school diploma. For registration or information, call 221-2705.

### Free dental assistant training

The 59th Dental Squadron at Lackland Air Force Base is accepting applications for the Red Cross Dental Assistant Program. Family members of active duty and retired military personnel who would like to become dental assistants may apply for the six-month training program. Applications will be accepted through March 8, with interviews March 12, 13 and 14 from 7:30 a.m. to 3:30 p.m. For more information, call Staff Sgt. Elizabeth Cintron at 925-1846, e-mail elizabeth.cintron@lackland.af.mil or lacy.clemente@lackland.af.mil.

### University of the Incarnate Word

A representative from the University of the Incarnate Word will be available Jan. 29, Feb. 12 and 26, and March 12 and 26 from 2 to 4 p.m. in the Education Center, Room 201. For more information, call Vanessa Carrasco at 829-2769 or e-mail vcarrasc@uiwtx.edu.

### Computer certification

St. Mary's University and New Horizons Computer Learning Center will have a representative available to discuss computer certifications Tuesdays from 9 a.m. to 4 p.m. at the Fort Sam Houston Education Office, Room 206. For more information, call 226-3360 or visit http://www.stmarytx.edu/continuingstudies/.

### St. Mary's University education office

A St. Mary's University representative is available Mondays through Thursdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in a master's degree in teacher certification. For more information, call Iona Million at 226-3360.

### Army ROTC Lateral Entry Program

The Army ROTC program at The University of Texas at San Antonio is looking for individuals with prior military service or members of the National Guard or Reserve who wish to become officers. The Lateral Entry Program allows eligible students to contract into ROTC as cadets when they are academic juniors, seniors or graduate students with four semesters of coursework remaining before graduation. For more information, call Capt. Varela at 458-5607, e-mail chez.varela

the 2007 Fort Sam Houston AFAP conference by Jan. 29.

Additionally, people representing all facets of the Army community are needed as delegates for the conference. DA civilian employees, Soldiers' spouses and retirees are welcome to apply. Soldier delegates will be identified by their units.

Delegates are required to participate in the entire two-day AFAP conference. For more information about the AFAP process or for a delegate application, call Chris Neubeck, AFAP program assistant, at 221-0275.

(Source: Army Community Service)

@utsa.edu or visit www.armyrotc.utsa.edu/.

### Green to Gold program (UTSA)

The Army ROTC program at The University of Texas at San Antonio is seeking enlisted Soldiers who are interested in becoming Army officers upon completion of a bachelor's degree. For more information, call Capt. Varela at 458-5607, e-mail chez.varela@utsa.edu or visit http://www.armyrotc.utsa.edu/.

### Warrant Officer Recruiting Team

Headquarters, U.S. Army Recruiting Command will brief qualifications and application procedures to applicants interested in becoming U.S. Army Warrant Officers Monday, Tuesday and Wednesday at 9:30 a.m. and 1:30 p.m. at the Roadrunner Community Center, Building 2797 on Stanley Road. For more information, call Chief Warrant Officer Carlos Negron at 502-626-0458, DSN 536-0271 or e-mail carlos.negron@usarec.army.mil.

### Financial Readiness classes

Army Community Service will offer the following financial readiness classes in January: "Understanding Your Credit Report," "Financial Planning," "Identity Theft" and "Checkbook Maintenance." All classes are free and open to the public and begin at 2 p.m. in Building 2797, Training Room 1, 2010 Stanley Road. Class space is limited. For more information or to register, call 221-1612.

### Homeland Security courses

The University of Texas at San Antonio offers graduate certificates in Security Studies: Homeland Security and Defense. Classes begin in the spring semester. For more information, call James Calder at 458-7671 or e-mail james.calder@utsa.edu.

### Special Forces seeks applicants

The U.S. Army Special Forces invites male officers from "Year Group 04" to apply. Officer packets will be accepted through Feb. 15. Early submission is recommended. For more information, visit www.bragg.army.mil/specialforces.

## Volunteer

### Endodontics patients needed

The Department of Endodontics at MacKown Dental Clinic on Lackland Air Force Base seeks patients who need root canal therapy. Applicants must be a military retiree, family member of a retiree or family member of active duty and have been recently diagnosed by a dentist as having an endodontic condition requiring root canal therapy. Patients should obtain a written consult from their referring dentist and fax it to 292-6431 or bring it the MacKown Dental Clinic during normal duty hours. For more information, call 292-7214.

### Denture patients needed

The Prosthodontics Department at Wilford Hall Medical Center seeks a limited number of patients who are need of new complete dentures. Applicants must be a military retiree, a family member of a retiree or a family member of an active duty military member and must have a need for a new set of complete dentures. Individuals enrolled in the Dependents' Dental Plan are not eligible for treatment, unless they have exceeded their annual coverage. For more information, call 292-4208.



Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** 1999 Dodge Durango 4X4, automatic, AC, all power, CD player, \$5,700 obo. Call 815-2582.  
**For Sale:** Ford 9N tractor, runs good. Call 240-9693.  
**For Sale:** 2005 Harley Softail Standard, many upgrades, low miles, in excellent condition, \$12,000 obo. Call 313-8455.  
**For Sale:** 2001 Volvo 580, fully loaded, \$16,000 obo. Call 658-3264.  
**For Sale:** China hutch, \$150; dinette set, \$90; black entertainment center, \$150; secretarial desk section, \$75; commercial copier, \$175. Call 241-1291.  
**For Sale:** Golf clubs 3-9/pw/sw, 1-3-5 woods, bag and pull cart included, \$160; amateur (ham radio) ICOM 260 A/E 144 MHz all-mode transceiver, \$150; two tube testers with instruction booklets, \$30 both. Call 227-6590

or 213-3347.  
**For Sale:** Wood dining table with extensions, \$50; small rocker, \$10; corner TV table storage, \$50. Call 656-7840.  
**For Sale:** M.I. Hummell collection, more than 125 styles, buy one or more up to 75 percent off of Miller’s 10th Edition price guide; German beer stein collection, some Metlachs; male and female adult sugar gliders with extra large cage, must sell as a pair, \$75 obo. Call 223-0327.  
**For Sale:** 2005 Harley Davidson Dyna low rider, black, extra chrome, custom seat, Screamin’ Eagle Stage 1 Kit, garage kept, 2,600 miles, \$15,800. Call 945-7627.  
**For Sale:** 1998 Chevrolet Suburban conversion, good condition, new paint, \$5500 obo; 1998 Aerolite 21-foot

travel trailer, great condition, \$6,000 obo; 36-inch Panasonic color TV, perfect picture, \$300. Call 673-9649 or 630-3936.  
**For Sale:** 1970 Kit Companion 15-foot travel trailer, new wheels and tires, sleeps four, includes stove, oven, refrigerator and heater, \$1,000 obo. Call Doug or Michelle at 267-9047.  
**For Sale:** Youth metal bunk bed, multi-colored (red, blue and yellow), \$70 obo. Call 656-3544 and leave message.  
**For Sale:** 20-inch color TV, one year old, with free DVD player, \$45. Call 219-718-7576.  
**Free to good home:** Three black, short hair orphan kittens found at Salado Creek Dec. 25, litter-box trained. Call Katie at 822-3370.